



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09064, Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)

Report Date: June 29, 2017 23:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Proximates					
Water	g	89.93	5	0.344	219.43
Energy	kcal	36	--	--	88
Energy	kJ	151	--	--	368
Protein	g	0.77	5	0.050	1.88
Total lipid (fat)	g	0.10	5	0.000	0.24
Ash	g	0.26	5	0.009	0.63
Carbohydrate, by difference	g	8.94	--	--	21.81
Fiber, total dietary	g	1.1	--	--	2.7
Sugars, total	g	7.60	1	--	18.54
Sucrose	g	1.00	1	--	2.44
Glucose (dextrose)	g	3.90	1	--	9.52
Fructose	g	2.70	1	--	6.59
Minerals					
Calcium, Ca	mg	11	5	0.765	27
Iron, Fe	mg	1.37	6	0.289	3.34
Magnesium, Mg	mg	6	--	--	15
Phosphorus, P	mg	10	--	--	24
Potassium, K	mg	98	5	7.334	239
Sodium, Na	mg	7	3	1.837	17
Zinc, Zn	mg	0.07	--	--	0.17
Copper, Cu	mg	0.070	--	--	0.171

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Manganese, Mn	mg	0.076	--	--	0.185
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	2.1	5	0.505	5.1
Thiamin	mg	0.017	5	0.003	0.041
Riboflavin	mg	0.041	5	0.009	0.100
Niacin	mg	0.177	5	0.012	0.432
Pantothenic acid	mg	0.105	--	--	0.256
Vitamin B-6	mg	0.044	--	--	0.107
Folate, total	µg	8	3	1.651	20
Folic acid	µg	0	--	--	0
Folate, food	µg	8	3	1.651	20
Folate, DFE	µg	8	--	--	20
Choline, total	mg	4.1	--	--	10.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	38	5	2.035	93
Retinol	µg	0	--	--	0
Carotene, beta	µg	452	--	--	1103
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	754	5	40.696	1840
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	139
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.56
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.4	--	--	3.4
Lipids					
Fatty acids, total saturated	g	0.023	--	--	0.056
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002
16:0	g	0.016	--	--	0.039
18:0	g	0.005	--	--	0.012
Fatty acids, total monounsaturated	g	0.027	--	--	0.066
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.027	--	--	0.066
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.073
18:2 undifferentiated	g	0.015	--	--	0.037
18:3 undifferentiated	g	0.015	--	--	0.037
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0